

THE 50+ Connection

NEWS and EVENTS from the Howard County
Department of Community Resources and Services

A Publication from the Howard County Office on Aging and Independence

Volume 8, No. 5 • May 2018

Older Americans Month 2018: Engage at Every Age

Across the country, older Americans are taking part in activities that promote wellness and social connection. They are sharing their wisdom and experience with future generations, and they are giving back to enrich their communities.

For 55 years, Older Americans Month (OAM) has recognized older adults and their contributions to our communities. Led by the Administration for Community Living's Administration on Aging, this year's OAM theme, "Engage at Every Age," emphasizes the importance of being active and involved, no matter your age or where you are in life. You are never too old (or too young) to participate in activities that can enrich your physical, mental, and emotional well-being.

It is becoming more apparent that remaining active and socially engaged can improve the quality of life for older adults. The Howard County Office on Aging and Independence (OAI) offers a wide array of programs for older adults in our area to maintain their health and wellness; get fit and stay active; engage in enriching art, music and cultural activities; make new friends or join a peer support group; and volunteer to support others in our community.

To stay engaged as you age requires access to reliable information, resources and services to support your transition through life's stages. Maryland Access Point information specialists are available Monday through Friday to answer questions, identify available resources and provide referrals to other agencies. Contact MAP at 410-313-1234 or map@howardcountymd.gov. MAP's no-wrong door approach can save you time and reduce frustration; be sure to ask for a free copy of the 2018 Resource Guide to Howard County!

OAI's Senior Health Insurance Program (SHIP) staff can help you navigate Medicare options; visit www.howardcountymd.gov/SHIP or call 410-313-7392 for assistance. If you are a caregiver, OAI's Caregiver Education program can help you learn how to provide care safely in your home and manage the daily stress of caring for a loved one; contact Kathy Wehr at 410-313-5955 for more information. And, to make your home more accessible, reach out to The Loan Closet at 410-313-0363, Howard County's clearinghouse of durable medical equipment, part of OAI's Aging in Place program.

Visit www.howardcountymd.gov/aging or find us on Facebook at www.facebook.com/hococcommunity for more information about Howard County Office on Aging and Independence programs and services.

Connections Social Day Program Participates in Celebration of the Arts



Joyce Nagel-Mortell, assistant director of the Connections Social Day Program at Ellicott City, is passionate about art. So when she heard about the Beacon's Celebration of the Arts she knew it presented an amazing opportunity for Connections members to try their hand at a new artistic endeavor. Ranging in age from 62 to 89, the group of amateur painters has been hard at work this Spring putting the finishing touches on their creations, which will soon be entered in the Beacon's regional competition. Marty Hess, 88, and Ed Wheeler, 67, created striking silhouettes of horses and riders against a brilliant orange sky, while Dale Sansing, 62, and Elena Wermers, 89, captured floral gardens exploding with color on canvases. "I told them not to be afraid of color," laughs Joyce. "Because even if they make a hundred mistakes, no one will ever know!" On a recent overcast day in April, newcomer Dorothy Rest, 78, was just beginning her painting; buoyed by the promise that "you can't mess up" her fingers were soon dotted with bright yellow pigment as she happily filled her two panel canvases. Whether or not the paintings win awards is secondary to the fact that each artist has already succeeded in doing something they never thought they could. For more information about the Connections Social Day Program at Ellicott City, call 410-313-1425. Howard County Office on Aging and Independence also operates the Connections Social Day Program in North Laurel, 410-313-7218, and Glenwood, 410-313-5442.

Online Cons Promote Fake Health Products

By Rebecca Bowman, Administrator
Howard County Office of Consumer Protection

Scammers will do just about anything to rip you off. They create fake websites, use fake endorsements from public figures, lie about the effectiveness of their products, and more.

Recently, shady companies selling “brain booster” pills and assorted remedies to fight dementia and other health conditions have been using these tactics to promote their products.

First, these con artists build spoofed websites that look like the news sites that we know and trust. These sites aren’t real news sites and the endorsements featured on the sites – often attributed to reputable scientists or well-known journalists – are fake.

The spoofed news sites link you to the sales page for the product, which allows you to place an order with a credit or debit card. The scammers may claim that the pills are “proven” to work. For example, they may claim that you’ll experience a large percentage increase in concentration and memory recall. But, the sites lack the evidence to support their claims. It’s a scam.

The National Institutes of Health (NIH) advises that you talk to your doctor to get the facts about health products before purchasing.

If you already paid money to a scammer, you may still be able to get your money back.

- If you paid by credit card, call the card company immediately using the phone number found on your monthly statement. Alert them to the fraudulent charge and request that it be removed from your bill. Also ask if you should get a new card with a new number to prevent more fraudulent charges.
- While debit cards don’t provide the same protections from fraudulent charges as credit cards, many debit card companies will voluntarily try to assist you. Contact the card company immediately and ask if you are eligible to get your money back and what you can do to limit your exposure to additional charges.

For more information on this and other consumer topics or to obtain this factsheet in an alternative format, call the Office of Consumer Protection at 410-313-6420 (voice/relay), email consumer@howardcountymd.gov or visit www.howardcountymd.gov/consumer.



Department of Community Resources and Services

The 50+ Connection is published monthly by the Howard County Office on Aging and Independence.

This publication is available in alternate formats upon request. To join our subscriber list, email kahenry@howardcountymd.gov

6751 Columbia Gateway Dr., Suite 200, Columbia, MD 21046
410-313-6410 (VOICE/RELAY) • www.howardcountymd.gov/aging

Find us on [www.Facebook.com/HoCoCommunity](https://www.facebook.com/HoCoCommunity)

Kim Higdon Henry, Editor • Email: kahenry@howardcountymd.gov

Advertising contained in the Beacon is not endorsed by the Office on Aging and Independence or by the publisher.

CONSUMER PROTECTION

QUESTIONS? DISPUTES?

IDENTITY THEFT • LANDLORD/TENANT • FINANCIAL ABUSE • FRAUD
SCAMS • SECURITY DEPOSITS • PRODUCTS • SERVICES

We've got YOU covered.

Take advantage of US
before someone takes
advantage of YOU!



Howard County Office of
Consumer Protection

Department of Community Resources and Services

6751 Columbia Gateway Drive, Columbia, MD 21046

PHONE **410-313-6420** (VOICE/RELAY)

EMAIL **consumer@howardcountymd.gov**

www.howardcountymd.gov/consumer

2018

MARYLAND LAW DAY

Tuesday, May 1 • 9:00 AM – 2:00 PM

HOWARD COUNTY LAW DAY:

FREE Medical Decision Document Preparation

Ensure that your preferences for medical treatment are honored should you become incapacitated or unable to express your wishes. Volunteer attorneys will offer free preparation of Maryland medical decision documents at these 50+ Centers.

Call the 50+ Center Nearest You for an Appointment:

Bain 50+ Center, 5470 Ruth Keeton Way, Columbia 21044
410-313-7213 (VOICE/RELAY)

East Columbia 50+ Center, 6600 Cradlerock Way, Columbia 21045
410-313-7680 (VOICE/RELAY)

Elkridge 50+ Center, 6540 Washington Blvd., Elkridge 21075
410-313-5192 (VOICE/RELAY)

Ellicott City 50+ Center, 9401 Frederick Road, Ellicott City 21042
410-313-1400 (VOICE/RELAY)

Glenwood 50+ Center, 2400 Route 97, Cooksville 21723
410-313-5440 (VOICE/RELAY)

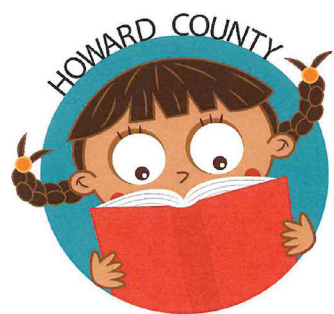
North Laurel 50+ Center, 9411 Whiskey Bottom Rd., Laurel 20723
410-313-0380 (VOICE/RELAY)

Howard County Office on
Aging and Independence

Department of Community Resources and Services

www.howardcountymd.gov/aging

ReadyRosie Comes to Howard County!



Ready Rosie

Howard County Government is providing free access to ReadyRosie for all Howard County families. ReadyRosie is an innovative educational service that provides instructional videos which are delivered by email or text. ReadyRosie demonstrates how parents, grandparents and caregivers can turn every day activities into teachable moments that build school readiness skills. Activities shown in the videos are simple, take only a few minutes to complete and are available in English and Spanish.

All you need to access ReadyRosie is a Howard County zip code. Go directly to www.ReadyRosie.com/register where you will be asked for some basic information, including name, language preference and delivery preference (text or email). Once an account is created, the parent or grandparent will immediately receive a welcome video in their selected language, have access to the entire video library and start getting the weekly playlists sent out by the ReadyRosie team.

ReadyRosie was created with the belief that parents and grandparents are a child's first and best teacher.

It offers ideas on how to better engage young learners at home, in the library, in the car, at the grocery store, or wherever they are spending time. There is always an opportunity for learning and talking with young children; it doesn't take hours of practice. This is an easy way for parents and grandparents to support the crucial early learning years!

For more information about the ReadyRosie program, or other parent and grandparent programs, visit the Office of Children and Families' website www.howardcountymd.gov/children.



Howard County Office of
Veterans and Military Families
Department of Community Resources and Services

The VMF recognizes and addresses the growing needs of the 20,000+ VETERANS who call Howard County home.

We are dedicated to providing guidance, information and resources for local veterans, military families, their dependents and survivors.



TELE **410-313-6400** (VOICE/RELAY)
EMAIL veterans@howardcountymd.gov

6751 Columbia Gateway Drive, Suite 300, Columbia, MD 21046

www.howardcountymd.gov/veterans • www.facebook.com/HoCoMilitary

May is National Arthritis Awareness Month!



ARTHRITIS
FOUNDATION®

LOW-IMPACT EXERCISE PROGRAM

Tuesdays • 9:30 a.m.
Thursdays • 10:45 a.m.

Bain 50+ Center

5470 Ruth Keeton Way, Columbia 21044

- Low-impact physical activity program proven to reduce pain and decrease stiffness
- Includes gentle range-of-motion exercises that are suitable for every fitness level and ability
- Led by a trained program leader

Contact Jen Lee

410-313-5940 (VOICE/RELAY) • jlee@howardcountymd.gov



Howard County Office on
Aging and Independence

Department of Community Resources and Services

www.howardcountymd.gov/aging

This program is partially funded by Title IID funds of the Older Americans Act of 1965.

Wine in the Woods

JURIED LIVE ARTISANS BANDS GOURMET FOOD

OVER 30 WINERIES

MAY 19-20

SYMPHONY WOODS COLUMBIA, MD 2018

TICKETS: 410-313-7275 OR WINEINTHEWOODS.COM

THIS EVENT IS FOR 21 & OVER. PHOTO ID REQUIRED. DESIGNATED DRIVER TICKET PROGRAM AVAILABLE.

Howard County RECREATION & PARKS CCI Printing & Graphic Solutions, Inc. 1065 BALTIMORE'S BEST MIX

CALENDAR HIGHLIGHTS

Howard County 50+ Centers

Go to www.howardcountymd.gov/50pluscenters for a complete list of events, programs and services.

	SU	MO	TU	WE	TH	FR	SA
MAY			1	2	3	4	5
	6	7	8	9	10	11	12
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30	31		

Bain 50+ Center

Tuesday, May 8 • 11:00 a.m. to noon

Phoenix Arts Presents: A Virtuoso Violin Duo Concert

Phoenix Arts is back! Join us for a virtuosic violin duo concert. FREE. RSVP: 410-313-7213.

Tuesday-Thursday, May 8-10 • 8:30 a.m. to 2:00 p.m.

Spring Plant and Bake Sale

Sponsored by the Bain 50+ Center Council, our plant sale includes a variety of herbs, hanging baskets and assorted plants, plus a bake sale featuring home-baked items on May 8th.

Friday, May 11 • 11:30 a.m. to 2:00 p.m.

8th Annual Mother's Day Brunch

Our annual Mother's Day event honors all mothers and women who care for others, and features live entertainment by Full Circle. Cost: \$10; purchase tickets at the center. Limited seating.

Wednesday, May 16 • 10:30 to 11:30 a.m.

Howard Community College — Bain 50+ Senior Choir Spring Concert

Join us to enjoy the smooth melodies of the HCC-Bain Senior Choir. FREE. RSVP: 410-313-7213.

East Columbia 50+ Center

Thursday, May 10 • 6:30 p.m.

Welcome May Swing Dance and Social

Instruction will be provided for both singles and couples for the first half-hour; dance begins at 7 p.m. Offered in partnership with Transition Howard County and Columbia Community Exchange. \$5 includes instruction, dance and snacks. Register: 410-313-7680.

Wednesday, May 16 • 10:00 a.m. to 2:30 p.m.

Grab your Tiara and Get Ready for the Royal Wedding!

Watch "The Crown" on NETFLIX while enjoying morning scones, afternoon tea sandwiches and sweets. FREE; donations accepted. RSVP: 410-313-7680.

Thursday, May 24 • 10:00 a.m.

Ageless Grace Demonstration

Flex your mind and body in a new class which addresses aging factors in the body. Experience some of the 21 tools that focus on improved cognitive function while supporting ease of movement. Register for a FREE demo class: 410-313-7680.

Wednesday, May 9 • Noon to 2:00 p.m.

Pop-Up BBQ

You've been waiting all winter to once again enjoy burgers, hot dogs, chips and fun. Join us deck side for lunch (a la carte pricing). Register: 410-313-7680.

Elkridge 50+ Center

Get Fit, Stay Fit at Elkridge 50+

The Elkridge 50+ Fitness Equipment Room is now open! To begin using the new facility, you must first register as a member of the Elkridge 50+ Center, then join the Go50+ Package (\$75/year). For more information: 410-313-5192.

Friday, May 4 • 9:00 to 10:00 a.m.

Identity Theft

PFC André Lingham of the Howard County Police Department will share pointers on how you can protect yourself from identity theft. FREE. Register: 410-313-5192.

Thursday, May 10 • 11:00 a.m. to noon

Eight Steps to a Healthier Diet

Whether you want to lose weight, manage your chronic conditions, or just optimize your health, making simple, gradual changes to your diet can add up to major improvements. FREE; presented by Melanie Berdyck, RDN, LDN, ASCM-CPT. Register: 410-313-5192.

Friday, May 11 • 10:30 a.m. to 12:30 p.m.

Mother's Day Tea

Celebrate all the mothers in your life with a tea party featuring delightful music, various teas, sandwiches and tea cookies. \$20/person. Register at the front desk.

P4C Pet Evaluations

If you are interested in volunteering, or wish to receive a FREE evaluation for your pet, contact:

Ingrid Gleysteen

PROGRAM COORDINATOR

igleysteen@howardcountymd.gov

410-313-7461 (voice/relay)

May 3 • June 7 • July 5

7:00 TO 9:00 PM

Bain 50+ Center

5470 Ruth Keeton Way
Columbia 21044



**Howard County
Paws 4
Comfort**

Touching Hearts... One Visit at a Time



Find us on Facebook at www.facebook.com/HoCoCommunity

Stay connected to the Howard County Department of Community Resources and Services. Like us today!

Ellicott City 50+ Center

Thursday, May 10 • 1:00 p.m.

Real Estate Tips: Understanding the Listing Agreement

This class will dissect the agreement between the seller and broker/agent and identify questions you should ask your real estate agent. Topics include home inspection, disclosures or selling “as-is.” FREE. Register: 410-313-1400.

Tuesday, May 15 • 11:00 a.m.

Brain Hearing Seminar

Audiologist Dr. Mary Carson, Au.D., will discuss the relationship between hearing loss, cognitive decline, and dementia. FREE. Register: 410-313-1400.

Friday, May 18 • 12:30 to 4:00 p.m.

At the Opera House: Carmen

Dr. Sam Stern presents Bizet’s powerful, melodic opera, “Carmen” on DVD. Latvian Elina Garanca stars as the gorgeous, free-spirited gypsy who teases men, loves and leaves them. FREE. Register: 410-313-1400.

Wednesday, May 30 • 12:30 p.m.

Country Music Duo

Enjoy country music at its BEST! Duo Maria Rose & Danny Elswick have recorded 10 albums and appeared on numerous national tv and radio shows. FREE.

Glenwood 50+ Center

Wednesday, May 9 • 1:30 pm

Yoga for Bone Health

Practice gentle, mindful movement with attention to the breath as a way of quieting the mind, then invigorate your brain with laughter yoga, all in a workshop led by Mary Garratt. \$12/person. Register: 410-313-5440.

Monday, May 1 • 9:00 a.m. to 2:00 p.m.

Law Day

Volunteer attorneys will be on site to offer free preparation of Medical Decision Documents. Call for an appointment: 410-313-5440.

Friday, May 4 • 10:00 a.m.

General Grant in Person

Ken Serfass performs as General Grant in first person discussing the overall strategy and outcome of the Vicksburg Campaign. FREE. Register: 410-313-5440.

Wednesday-Friday, May 16-18 • 9:00 a.m. to 3:00 p.m.

Book & Bake Sale: Food, Fun & Fiction

Join us for this annual event featuring a wonderful selection of books and baked goods available to purchase. Information: 410-313-5440.

North Laurel 50+ Center

Friday, May 4 • 11:00 a.m. to noon

Cinco de Mayo Salsa Dance Social

Spice things up at our Cinco de Mayo dance party with beginner salsa lessons and Latin open dance for all levels. Enjoy Mexican-themed refreshments, mock margaritas and a chips and salsa bar. \$5/person. Register: 410-313-0380.

Wednesday, May 9 • 11:00 a.m. to 1:00 p.m.

Roaring 20’s Lunch and Learn

Learn how the Roaring 20’s affected local businesses from conception to closing or modernization — Bethlehem Steel, BGE, Crown Central Petroleum, Kirk-Stieff, McCormick, and many more. FREE; suggested lunch donation for those age 60+. Register: 410-313-0380.

Friday, May 11 • 9:00 a.m. to noon

Mother’s Day Spring Sale & Dance

Don’t miss the Spring book, jewelry and plant sale, sponsored by the North Laurel Senior Council, then enjoy a special student performance of ballet, lyrical and modern dance by the Reservoir High School Dance Troupe. Information: 410-313-0380.

Friday, May 18 • 1:00 to 2:00 p.m.

Flute and Jazz Ensemble Concert

Enjoy a special concert from Patuxent Valley Middle School music students, which provides students a unique opportunity to share their talents while developing their skills as musicians. FREE. RSVP: 410-313-0380.

The Mental Health Players Present

Aging: Facts and Fiction

Wednesday, May 23

Bain 50+ Center: 10:30 to 11:30 a.m.

North Laurel 50+ Center: 1:00 to 2:00 p.m.

Watch three thought-provoking skits on living well in every way as we age. Using role play and audience participation, the MH Players expand awareness and educate the community about aging, mental health and other issues through actor dialogue. A narrator facilitates discussion and encourages audience interaction. FREE; refreshments provided.

REGISTER: 410-313-7213 (Bain) • 410-313-0380 (North Laurel)



Howard County 50+ Centers

BAIN 50+ CENTER

5470 Ruth Keeton Way, Columbia
410-313-7213 • bain50@howardcountymd.gov

EAST COLUMBIA 50+ CENTER

6600 Cradlerock Way, Columbia
410-313-7680 • eastcolumbia50@howardcountymd.gov

ELKRIDGE 50+ CENTER

6540 Washington Blvd., Elkridge
410-313-5192 • elkridge50@howardcountymd.gov

ELLICOTT CITY 50+ CENTER

9401 Frederick Road, Ellicott City
410-313-1400 • ellicottcity50@howardcountymd.gov

GLENWOOD 50+ CENTER

2400 Route 97, Cooksville
410-313-5440 • glenwood50@howardcountymd.gov

LONGWOOD 50+ CENTER

6150 Foreland Garth, Columbia
410-313-7217

NORTH LAUREL 50+ CENTER

9411 Whiskey Bottom Road, Laurel
410-313-0380 • northlaurel50@howardcountymd.gov

www.howardcountymd.gov/50pluscenters

FREE ADMISSION



THE CAREGIVING JOURNEY

A CAREGIVER SUPPORT EDUCATIONAL SERIES

PRESENTED BY

alzheimer's  **association®**

ALZHEIMER'S AND DEMENTIA

The Latest Research and Tips
from the Alzheimer's Association

Ellicott City 50+ Center

9401 Frederick Road, Ellicott City 21042

Monday, April 30 • 6:00 p.m.

Healthy Living for Your Brain And Body

The latest research in diet and nutrition, exercise, cognitive activity and social engagement. Learn tools to create a better plan for healthy aging.

Monday, May 21 • 6:00 p.m.

Know the 10 Signs – Early Detection Matters

If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts.

Monday, June 18 • 6:00 p.m.

Understanding and Responding to Dementia-Related Behavior

Behavior is a powerful form of communication. Learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

To register, contact Kathy Wehr
410-313-5955 (VOICE/RELAY)
or kwehr@howardcountymd.gov

 Howard County Office on
Aging and Independence

Department of Community Resources and Services
www.howardcountymd.gov/aging



MEDICARE EDUCATION

FREE Information Presented by SHIP

Medicare 101 and 102

Tuesday, June 5 and June 12 • 7:00 – 8:30 PM

A two-part introduction for those new to Medicare to learn about original Medicare (Parts A and B), Prescription Drug Coverage (Part D), Medicare Health Plans (Part C), and Medicare Supplemental Policies

Medicare Refresher

Wednesday, June 6 • 7:00 – 8:30 PM

For those already on Medicare, deepen your understanding of coverage options, information sources and how to avoid some common problems.

Using Medicare's Plan Finder

Tuesday, June 19 • 7:00 – 8:30 PM

Learn how to use the Plan Finder tool on Medicare.gov to compare and review Medicare prescription drug plans available to you.

PRESENTATIONS TO BE HOSTED AT THE

Howard County General Hospital Wellness Center

10710 Charter Drive, Suite #100, Columbia 21044

REGISTER ONLINE OR BY PHONE

hcgh.org • 410-740-7601

For additional assistance with your
Medicare questions and concerns,
contact the Howard County State Health
Insurance Assistance Program (SHIP)

410-313-7392
(VOICE/RELAY)

FOR OTHER UPCOMING PRESENTATIONS, VISIT
www.howardcountymd.gov/SHIP

 Howard County Office on
Aging and Independence
Department of Community Resources and Services



LIVING WELL

HOWARD COUNTY HEALTH & WELLNESS CLASSES

LIVING WELL: TAKE CHARGE OF YOUR HEALTH is designed for people living with one or more chronic conditions and/or their caregivers. Weekly topics include techniques to handle pain, fatigue, frustration and isolation, nutrition and healthy eating, appropriate exercise, communication skills, stress management, and goal setting. The group meets once weekly for six weeks; each meeting is 2.5 hours.

LIVING WELL WITH DIABETES is designed for people and/or their caregivers living with Type 2 Diabetes. Weekly topics include goal setting, glucose monitoring, skin and foot care, stress management, communication skills, appropriate exercise, nutrition and healthy eating, maintaining a balanced blood sugar, as well as techniques to handle pain, fatigue, frustration, and isolation. The group meets once weekly for six weeks; each meeting is 2.5 hours.

LIVING WELL WITH HYPERTENSION is designed for people who have been diagnosed with hypertension or high blood pressure wanting to learn how to better manage their condition. Topics include high blood pressure risk factors, nutrition and food label guidance, sodium content in common foods, medication management. This is a single class, which is 2.5 hours.

STEPPING UP YOUR NUTRITION is a malnutrition risk/food insecurity workshop for older adults. Participants learn about the strong correlation between nutrition status, muscle strength, and fall risk. Topics covered include the importance of protein and fluids on nutrition, recommended daily allowance, and how to set goals for behavior change to improve nutritional status and muscle health. Stepping Up Your Nutrition is a single class, which is 2.5 hours.

Course materials will be provided, and can be purchased on-site for a nominal fee. To achieve the most benefits from this program, we encourage a commitment to attend all sessions of each program.

To register or for more information, contact:

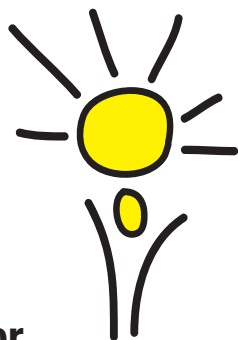
Carla Johnston

Health and Wellness Coordinator

Howard County Office on Aging and Independence

cjohnston@howardcountymd.gov

410-313-3506 (VOICE/RELAY)



FOR ADDITIONAL DETAILS ABOUT THESE PROGRAMS, VISIT US AT
www.howardcountymd.gov/livingwell



Low Vision Group Welcomes Blind Industries and Services of Maryland (BISM)

Tuesday, May 22 • 10:30 to 11:30 a.m.

Bain 50+ Center in the Meeting Room

5470 Ruth Keeton Way, Columbia 21044

Sue Schafer, Program Manager of BISM's Rehabilitation Department, will present information on new outreach services and discuss various programs offered by the organization. Bring your questions!

RSVP to Elaine Widom at 410-313-7353
(voice/relay) no later than May 15.

www.howardcountymd.gov/sentog

Quality of Life Services for Older Adults, their Families, Caregivers, and Adults with Disabilities



Howard County

MARYLAND ACCESS POINT

YOUR LINK TO HEALTH & SUPPORT SERVICES

**AS EASY AS
1-2-3-4!**

410-313-1234

Contact us for information, assistance and referral on:

- Caregiver Support
- Long Term Supports Planning
- Guardianship/Ombudsman
- Aging in Place Resources
- Medicare Counseling
- 50+ Centers
- Social Day Programs
- Volunteer Opportunities
- Wellness Programs and more!



Howard County Office on
Aging and Independence
Department of Community Resources and Services

410.313.1234 VOICE/RELAY • **844.627.5465** TOLL FREE
map@howardcountymd.gov

www.howardcountymd.gov/aging

Howard County 50+ Centers SPOTLIGHT ON THE GLENWOOD 50+ CENTER

www.howardcountymd.gov/50pluscenters for all 50+ Center events



Discover this Gem in Western Howard County!

By Regina Jenkins, Director, Glenwood 50+ Center

The Glenwood 50+ Center is housed inside of the Gary J. Arthur Community Center located at 2400 Rt. 97 in Cooksville.

There is something for everyone at the Glenwood 50+ Center. Lifelong learning is popular and offerings include a Civil War Series, a National Parks Travel Series, Book Club, History Discussions, TED Talks, Genealogy, iPhone and iPad workshops, History of Broadway and speakers on local history. We also offer drop-in programs such as pinochle, bridge, Chinese mahjong, billiards and table tennis.

Are you a hands-on type? Enjoy pottery, fused glass, and other DIY workshops, featuring a wide variety of projects. Stay active enjoying one of our six different offerings of Yoga, Pilates, Interval Training, Line Dancing, Tai Chi or Nature Walks. For those who prefer a gentler, low impact exercise experience, we offer Sit and Fit and Prime Time classes. On Tuesdays and Thursdays, you will find members lining up to play Pickleball and on Monday, Wednesdays and Fridays the basketball courts are full.

Your health and well-being is important to us at Glenwood. We encourage you to enjoy a healthy balanced lunch in the Glenwood Café. Scheduled programs and services include on-site physical therapy, reflexology, acupuncture, nutrition education, blood pressure screenings, and the opportunity to speak with a pharmacist.

Stop in soon to find out more about our wide array of programs to boost your health and wellness, or subscribe to our newsletter by

sending an email to glenwood50@howardcountymd.gov. Register for a free Glenwood 50+ Center membership and you will enjoy walking on our indoor cushioned track year-round; sign up for the Go50+ Fitness Program (\$75/year) and you can also access the fully-equipped fitness equipment room (as well as the fitness rooms at the Elkridge 50+ Center, North Laurel and Roger Carter Community Centers.) We hope to see you soon!



Discover a new hobby, expand your creative options, and make new friends at the Glenwood 50+ Center through a variety of hands-on DIY workshops, classes, and activities for all skill levels.



Providing socialization, companionship, support, education, and a sense of purpose in a safe and nurturing environment.

Kindred Spirits at Glenwood

Monday/Wednesday/Friday • 9 a.m. to 1 p.m.

Glenwood 50+ Center
2400 Route 97, Cooksville, MD 21723

Judy Miller, Director • 410-313-5441 (VOICE/RELAY)

EMAIL jumiller@howardcountymd.gov



This specialized program for adults 18 and over and is specifically designed to maintain independence, enhance memory and improve the overall health of participants.

Connections Social Day Program at Glenwood

Glenwood 50+ Center
2400 Route 97, Cooksville, MD 21723

Judy Miller, Director • 410-313-5442 (VOICE/RELAY)

EMAIL jumiller@howardcountymd.gov

Tuesdays and Thursdays: 9 AM to 1 PM

A daily fee covers all program costs, trips, snacks and lunch; a sliding fee scale is available to Howard County residents. Transportation is the responsibility of family/caregiver; staff can provide information on public and private transportation options.